



HANRAHAN HEALTH

THERAPY SERVICES

Newsletter

December 2021

"The purpose of life...is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well." - Ralph Waldo Emerson



Our Team Values

1. We strive to make a difference everyday
2. We show compassion and kindness in everything we do.
3. We follow through on what we say we will do.
4. We serve our clients with passion
5. We inspire each other to be the best we can be.
6. We embrace growth and learning.



What is news at HH?

1. New Clinics news –

- CAMPBELLTOWN clinic news – if you have not already heard, we are opening a new clinic in Campbelltown! The renovations are almost finished, furniture has all been delivered and the clinic rooms are good to go. We are almost ready for our first clients who are booked in from 17th January.



- BOWRAL second clinic news – our growing Bowral team has meant we have made the decision to open a second clinic space! Our second Bowral clinic is based at 10a, The Mews in Bundaroo St, Bowral. The renovations are well underway at this clinic too – just the painting to go! In the coming weeks we will be all set, ready for our first day of clients on Monday 17th January!

2. New Team Member news –

We welcomed a few new team members recently:

- Olivia Richards joined our team recently as a Speech Pathologist. Olivia is based in our Bowral Clinic.
- Vanessa joined our team as a receptionist. Vanessa is based in our 2nd Bowral clinic at The Mews.
- Lisa Thomas joined our team as a receptionist. Lisa is based in our Campbelltown clinic.

We have some new team members starting in January too:

- Our new Speech Pathologists are almost here... 17th January kick off for Sophie (Bowral), Lilly (Bowral), Mel (Goulburn), Bella (Campbelltown), and Louise (Campbelltown)!
- Our new OT for Bowral is almost here too – 17th January kick off for Gabriella. We are so excited to have all of these new team members starting very soon!

And some exciting news for our current team members stepping up to new roles in 2022:

- Congratulations to Georgia Opie (Allied Health Assistant in Goulburn) who has completed her Speech Pathology degree and will commence as a Speech Pathologist on our team in 2022 in Goulburn.
- Congratulations to Rebecca Chedid (Senior OT) who is commencing as Team Leader and Senior OT full-time in our Campbelltown Clinic in 2022.

3. Christmas Party news – well it is safe to say the 2021 Hanrahan Health Christmas Party was a hit! A race around the highlands involved many challenges including poetry, painting, bowling, taste testing, netball shooting, park playing, team trivia, local trivia and a treasure hunt... it was quite competitive and on a wild, wild wintery day (as only the Southern Highlands can do in late November!) ... everyone definitely got into the spirit! Here are some snaps of the team challenges!







5. **Recent Blogs for you:** Here are some of our recent blogs for your holiday reading pleasure!

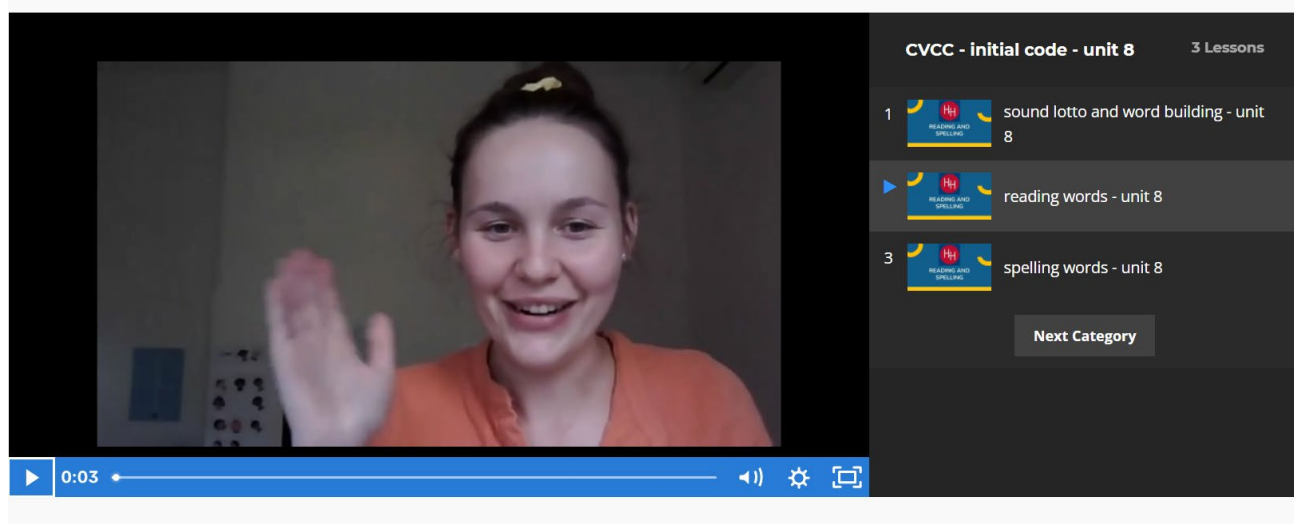
- **Emotional Regulation in Children** – Michelle Petersen
<https://www.hanrahanhealth.com.au/blog/emotional-self-regulation-in-children>
- **Spreading Kindness, Making a Difference, Helping our local community** – Kate Hanrahan
<https://www.hanrahanhealth.com.au/blog/spreading-kindness-making-a-difference-helping-our-local-community>
- **Articulation Vs Phonology** – Bridget Kropp
<https://www.hanrahanhealth.com.au/blog/articulation-vs-phonology-what-do-these-terms-mean>

6. **Video Home Practice Program** – Have you heard about our video home practice program? An on-line program you can access anytime, anywhere on any device? Our therapy team members have recorded mini-therapy sessions for you – with over 120 videos now available, covering so many different clinical areas, this program aims to:

- help make home practice more fun
- help you learn exactly how to do the therapy exercises we are recommending for you to practice at home

- help you mix things up with home practice at home by having an alternative to paper based therapy exercises

This program is a wonderful way to maintain skills and even boost skills over the school holiday period – so why not subscribe today? At only \$116 for a 4 week subscription – it would make a perfect Christmas gift!



7. **Clinic for Good** – Our next Clinic for Good is scheduled for Saturday March 5th. This is a clinic which we hold once every 3 months – our team members volunteer their time on a Saturday morning and we provide therapy services at no cost to clients. If you know of someone who would benefit from our clinic for good, please encourage them to contact our clinic on 48625063 to enquire about booking in for our next clinic in 2022.

Here are a few photos from our last clinic for 2021 held in November – such great memories! Thanks to our volunteer team members for making such a big difference to our local communities! Our Clinic for Good made the local paper which was such exciting news too!



8. **Christmas Closure** – Our clinics will be closed from 5pm Wednesday 22nd December and will reopen at 8am on Wednesday 12th January. For emergency issues during this time, please contact your doctor or 000. You are welcome to leave a message on our answering system, or leave us an email

admin@hanrahanhealth.com.au and we will reply when we reopen on the 12th January.

9. **Therapy fee increase** – Due to continued rising costs, we have a scheduled fee increase for 1st January 2022 which is a 1% fee increase. This will bring all our fees to the same price for all clients whether privately paying or NDIS funded. Our new hourly rate will be 193.99 for all clients.

Social

What a fun time we have had these last 2 months with team birthdays / team lunches / work anniversaries / celebrations! A few happy snaps of our team members enjoying their time together at HH!!





And that's a wrap from us. We would like to take this opportunity to wish you and your family a very happy Christmas and holiday time. We hope that you all find time to be together, to rest and recharge, and enjoy the break after a challenging year in 2021. Thank you for being a part of our Hanrahan Health family in 2021. We look forward to seeing you in 2022!

Until next time, keep filling our world with kindness, and living your life with passion.

Kate, Luke and the team at Hanrahan Health 😊